

The official guide to the City of Euless Parks & Community Services Department

Simply Euless
FabEuless. Parks & Community Services



the PLAYBOOK

SPRING 2013



ATHLETICS / EVENTS / CLASSES / SENIORS / RENTALS / PARKS

www.PlayEuless.com / "Euless Parks & Community Services" on Facebook

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817-685-1666

Eules Family Senior Center
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Athletics
817-685-1838

Facility Rentals
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Softball World
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NEWS



Construction is well underway for the new aquatic facilities at the Eules Family Life Center. The outdoor aquatic center, slated to open on Memorial Day weekend in 2013, will feature a lazy river, thrill slides, zero-depth entry with a splash structure, shade structures, concession/entry building and much more. Vouchers for summer swim passes are on sale now at the front counter of the recreation center. For more information, please call 817-685-1666.

ATHLETICS

Parks at Texas Star Baseball League Registration

Jan. 2 – Feb. 10

Ages : 3 – 14

www.ParksAtTexasStar.com

Contact JD at 817-685-1838

Men's Basketball Mini Season

Registration: March 1 – 30

Cost: \$245 per team

Contact Mike at 817-685-3100

Co-Ed Sand Volleyball Season (4x4)

Registration: March 1 – 30

Cost: \$145 per team

Contact Mike at 817-685-1838

Women's Basketball League

Registration: May 1 – 31

Cost: \$325 per team

Contact Mike at 817-685-1838



A special **thank you** to these local businesses for making the Eules Playbook available to area residents: **Eules Chick-Fil-A (3003 Highway 121)**, **Dr Pepper StarCenter (1400 S. Pipeline)**, **Golden Chick (2600 W. Eules Blvd)**, **NYPD Deli (304 S. Industrial)**, **Starbucks (211 N. Main)**, **Microtel Inn (901 Airport Freeway)**, **Eules Wok (1060 N. Main)**.

Family Life Center Open House

Saturday, January 5, 10 a.m. to noon

Enjoy a free day of fitness and learn how you can reach your fitness goals at the Euless Family Life Center. Speak with our knowledgeable instructors, try out free class demonstrations, tour the facility, and register for programs. We will also have refreshments and activities for children. A photo ID is required if you would like to use the facility free for the day. Please call (817) 685-1666 for more information.

Join Our Family of Volunteers

The City of Euless Parks & Community Services Department is looking for people that love to have fun, meet new people, and who are willing to branch out into new experiences. If this is you, we would love to have you join our Family of Volunteers Program.

Each year our department plans, implements and produces several different, but unique family events. In order to produce such outstanding events, we need volunteers, because without volunteers, our events would not survive. If you would like to help build a strong community, play an important role in someone's life, and be a part of something exciting, then join our Family of Volunteers. Contact Jerry Poteet at 817-685-1449 or jpoteet@eulesstx.gov.

Hometown Food Bank

Monday, March 11

9 a.m. – noon

6 Stones Missions Network, 209 N. Industrial Blvd.

Volunteers will meet at the 6 Stones Campus West facility to inspect, separate, and distribute food for those that are in need. If you are interested, please contact Jerry Poteet at 817-685-1449 or jpoteet@eulesstx.gov. There is only enough room for the first 30 volunteers who sign up.



Euless Junior Anglers Day at Wilshire Park

Saturday, March 23

9 a.m. – noon

Wilshire Park, 315 Sierra Drive

Join us at Wilshire Park for a great day of family fun! The Texas Junior Anglers organization will stock Wilshire pond with 500 pounds of catfish. It's absolutely free, and equipment will be available for all the kids who need it. Great prizes will be given out in various age groups and categories. The tournament is for kids only, but parents may fish after the competition. Free refreshments for all participants! Call 817-685-1666 for more information.

Texas Trash Off

Saturday, April 6

9 a.m. - noon

Villages of Bear Creek Park

1951 Bear Creek Parkway

Volunteers are needed for the Annual State Wide Texas Trash Off. Grab a friend and meet us at the Villages of Bear Creek Park (see the park map on page 15). When you arrive, you will receive a trash bag, plastic gloves, and bottled water, and everything that you will need for this event. You will then be assigned to various areas of our city to pick up trash to help beautify our community. Afterwards meet us back at the park for a free hot dog lunch including chips and a drink. For more information, please contact Jerry Poteet at 817-685-1449 or jpoteet@eulesstx.gov

Arbor Daze

April 27 & 28

City Hall Complex, 201 N. Ector Drive

Volunteers are needed for our National Award-Winning Arbor Daze Festival scheduled for April 27th & 28th. We need over two hundred volunteers for the Kidz Zone, Tree Give-Away, Forestry Village and other exciting areas. Please sign up for your time slot by calling Jerry at 817-685-1449 or e-mail him at jpoteet@eulesstx.gov. Vendor applications are available at www.arbordaze.org.

CLASSES

CHILD & YOUTH ACTIVITIES

STROLLING STRIDERS

Join other moms each Tuesday and walk your way to a healthier you. This is a group class with mothers who have small children that would like to get out and walk. Moms and their strollers will meet in the lobby of the Eules Family Life Center at 9 a.m. each Tuesday. The collective group will walk around Midway Park Trail for approximately 1 hour. In the event of inclement weather, participants will walk on the indoor track. Begins Tuesday, January 8 at 9 a.m.

PRESCHOOL PLAY DATES

Bring your preschooler for fun, games, and social interaction. Meet with other parents and learn about the many programs the Eules Family Life Center offers for families. This program is absolutely free! Call (817) 685-1666 for more information.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210020-01	1/31	EFLC	2+	TH	10-11:30am	1	FREE
210020-02	3/28	EFLC	2+	TH	10-11:30am	1	FREE

MOMMY AND ME GYMNASTICS

Our Mommy and Me program is a parent/child participation class led by a safety-educated instructor. Includes an aerobic musical warm-up designed to teach the children rhythm, balance, coordination, and basic gymnastics terminology. The class uses a tumbling circuit designed to teach basic tumbling skills like front and back rolls, handstands, and cartwheels. Trampolines are used to help with body awareness, leg strengthening, and balance. Children are also introduced to the bars and balance beam using an apparatus circuit. And we never forget about play time with games and fun activities such as parachutes, bubbles, and balls! The class usually ends with stamp time and the bye-bye song. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210181-01	1/7	EFLC	18-30m	M	6-6:45pm	8	\$94
210181-02	3/18	EFLC	18-30m	M	6-6:45pm	8	\$94

TOT ICE SKATING INSTRUCTION

Tots will learn the basics of ice skating in a fun environment. Children will practice falling down and getting up, marching across the ice, back wiggles, and stops. Toys, cones and stuffed animals are all used on the ice as teaching tools. Price includes skate rental on class day plus four free public passes for skater and parent. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211161-01	1/5	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-02	2/23	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-03	3/23	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-04	4/6	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-05	5/11	DPSC	3-4	S	11:15-11:45am	2	\$30

JUST 4 FLIPS GYMNASTICS PRE-K

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes, and much more! Innovative themes and age-appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills for all the family to watch. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210210-01	1/7	EFLC	3-6	M	5-5:45pm	8	\$94
210210-02	3/18	EFLC	3-6	M	5-5:45pm	8	\$94

JAZZ/BALLET COMBO

Students will learn jazz and ballet steps and combinations as well as a recital dance. Students will gain an understanding of body awareness as well as performance skills, rhythm and musicality. All students will learn proper dance terminology. Ballet and jazz shoes are required for participation in this class. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-01	1/12	EFLC	3-6	S	10-10:45am	8	\$94
210200-02	3/23	EFLC	3-6	S	10-10:45am	8	\$94

JUST 4 FLIPS INTERMEDIATE GYMNASTICS

Come learn body control while performing the basics of gymnastics and dance on the floor, beam, bars, and vault. This class is for boys and girls who want to have fun while learning the proper techniques used in beginning gymnastics. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210205-01	1/7	EFLC	7-11	M	7-7:45pm	8	\$94
210205-02	3/18	EFLC	7-11	M	7-7:45pm	8	\$94

JUST 4 FLIPS CHEERLEADING

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer! Boys and girl are welcome to join. Our classes are taught by instructors trained as all-star cheerleaders, and we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210215-01	1/12	EFLC	4-8	S	11-11:45am	8	\$94
210215-02	3/23	EFLC	4-8	S	11-11:45am	8	\$94

FUN TIME FOR LEARNERS

In this activity based class, your child will learn the benefits of physical activity through art and crafts, music and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and a lunch to class each day. No class 1/21, 3/11, & 3/13. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210002-01	1/7	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-02	2/4	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-03	3/4	EFLC	3-5	M/W	9am-1pm	3	\$102
210002-04	4/1	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-05	4/29	EFLC	3-5	M/W	9am-1pm	4	\$127

TERRIFIC TUESDAYS & THURSDAYS

In this activity based class, your child will learn the benefits of physical activity through arts and crafts, music, and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and lunch to class. No class 3/12 & 3/14. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210003-01	1/8	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-02	2/5	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-03	3/5	EFLC	3-5	T/TH	9am-1pm	3	\$102
210003-04	4/2	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-05	4/30	EFLC	3-5	T/TH	9am-1pm	4	\$127

FUN TIME FRIDAYS

On Fridays, we will get hands on and do a cooking recipe, arts, crafts, and a science experiment. We will also sing songs, play games, and work on literacy and math activities. No class 3/15. Instr: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210010-01	1/11	EFLC	3-5	F	9am-1pm	4	\$62
210010-02	2/8	EFLC	3-5	F	9am-1pm	4	\$62
210010-03	3/8	EFLC	3-5	F	9am-1pm	3	\$47
210010-04	4/5	EFLC	3-5	F	9am-1pm	4	\$62
210010-05	5/3	EFLC	3-5	F	9am-1pm	4	\$62

UNDER THE RIM BASKETBALL

A non-competitive basketball class, boys and girls will practice the proper methods of dribbling, shooting, and passing, with a strong emphasis on teamwork, endurance and fun. Bring an age appropriate basketball with your child's name on it. Instructor: James Albin

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210515-01	1/12	EFLC	5-10	S	10-10:45am	3	\$27
210515-02	2/9	EFLC	5-10	S	10-10:45am	3	\$27
210515-03	3/16	EFLC	5-10	S	10-10:45am	3	\$27
210515-04	4/13	EFLC	5-10	S	10-10:45am	3	\$27

TAEKWON-DO TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the fundamentals of Taekwon-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program can help to enhance focus and concentration, and build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. This class does not require traditional taekwondo uniforms. T-shirts with the school logo are available from the instructor for a small fee, however, they are not required. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210130-01	1/12	SIM	5-8	S	9-9:45am	8	\$28
210130-02	3/23	SIM	5-8	S	9-9:45am	8	\$28

ICE SKATING - SKATE LIKE A 'STAR'

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides, and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction, free skate rental on class day, and four free public session passes. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211162-01	1/5	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-02	1/8	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-03	2/12	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-04	2/23	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-05	3/19	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-06	3/23	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-07	4/6	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-08	4/9	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-09	5/7	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-10	5/11	DPSC	5-13	S	11:15-11:45am	2	\$30

TAEKWON-DO BEGINNERS**(Ages 9-12) (White Belt - Green Stripe)**

This children specific program explores the entire range of techniques for training in the Taekwon-Do Jungshin Program. It is designed to instill the physical and character benefits of martial arts while motivating children to achieve success. New students registering for this class must be at least nine years of age or have completed at least one session of Tigerkubs program and been approved by the instructor before registering. Tuesday class meets at the Euleess Family Life Center, and Saturday class meets at Simmons Activity Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210131-01	1/8	EFLC	9-12	T	6-7:15pm	8	\$81
		SIM		S	10-11:15am		
210131-02	3/19	EFLC	9-12	T	6-7:15pm	8	\$81
		SIM		S	10-11:15am		

TAEKWON-DO ADVANCED**(Green Belt - Black Belt)**

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Must have instructor approval to register. Monday class meets at Euleess Family Life Center, and Thursday class meets at the Simmons Activity Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210132-01	1/7	EFLC	9-12	M	6-7:15pm	8	\$81
		SIM	9-12	TH	6-7:15pm		
210132-02	3/18	EFLC	9-12	M	6-7:15pm	8	\$81
		SIM	9-12	TH	6-7:15pm		

MAKING THE CUT BASKETBALL PERFORMANCE

A basketball class specifically designed to meet the needs of the player. Your son or daughter will get individual, one-on-one training to enhance their basketball skills. This class will strengthen the player's weaknesses, while enhancing their strengths. Instructor: James Albin

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210520-01	1/12	EFLC	7-14	S	10:45-11:15am	3	\$32
210520-02	1/12	EFLC	7-14	S	11:15-11:45am	3	\$32
210520-03	1/14	EFLC	7-14	M	4:30-5:15pm	3	\$42
210520-04	2/9	EFLC	7-14	S	10:45-11:15am	3	\$32
210520-05	2/9	EFLC	7-14	S	11:15-11:45am	3	\$32
210520-06	2/11	EFLC	7-14	M	4:30-5:15pm	3	\$42
210520-07	3/11	EFLC	7-14	M	4:30-5:15pm	3	\$42
210520-08	3/16	EFLC	7-14	S	10:45-11:15am	3	\$32
210520-09	3/16	EFLC	7-14	S	11:15-11:45am	3	\$32
210520-10	4/8	EFLC	7-14	M	4:30-5:15pm	4	\$52
210520-11	4/13	EFLC	7-14	S	10:45-11:15am	3	\$32
210520-12	4/13	EFLC	7-14	S	11:15-11:45am	3	\$32

GIRLS ON THE RUN

This program uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Through interactive activities such as running and playing games, girls will tackle tough issues such as peer pressure and body image, while learning about making healthy decisions and performing community services. This is an on-going, 10 week program. At the end of this program, the girls will compete in a 5K event together. More info available at www.gotrdfw.org. No class 3/12 and 3/14.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210540-01	2/12	EFLC	8-12	T/TH	5:30-7pm	10	\$120

CITY OF EULESS SPRING BREAK CAMP

Come spend Spring Break with the City of Euleess. We will have an exciting week playing games, doing arts and crafts, and making new friends. The camp will go on super cool field trips every day (Main Event, Skating, Tornado Terry's and many more). Please bring a lunch, two snacks and a water bottle to camp each day. Space is limited so register early! Instructor: Camp Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211111-01	3/11	EFLC	6-12	M-F	7:30am-6pm	1	\$90

NOTHING BUT NET BASKETBALL CAMP

Come have a blast and learn about basketball over spring break. We will teach the fundamentals of basketball including dribbling, passing, shooting, and teamwork. The camp will end with all campers using their skills in a full court game. Instructor: James Albin

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211113-01	3/11	EFLC	7-14	M-F	10:30am-noon	1	\$55

CLASSES

YOUNG SPARTAN BOOT CAMP

Fitness is for all ages! This boot camp is designed for kids ages 7-13, consisting of engaging age appropriate fitness games and activities to encourage kids to make healthy choices. Confidence is built by challenging themselves while improving social skills through teamwork drills. Instructor: Richard Garner

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210510-01	1/9	EFLC	7-13	W	6-7pm	4	\$26
210510-02	2/6	EFLC	7-13	W	6-7pm	4	\$26
210510-03	3/6	EFLC	7-13	W	6-7pm	4	\$26
210510-04	4/3	EFLC	7-13	W	6-7pm	4	\$26
210510-05	5/1	EFLC	7-13	W	6-7pm	4	\$26

ZUMBATOMIC

A rockin' high energy fitness party packed with kid friendly choreographed Latin and hip-hop routines. This class promotes coordination, focus, self-confidence while exercising. Come join the fun! No class 3/11 and 3/13. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210316-01	1/7	EFLC	8-12	M/W	5-6pm	4	\$50
210316-02	2/4	EFLC	8-12	M/W	5-6pm	4	\$50
210316-03	3/4	EFLC	8-12	M/W	5-6pm	3	\$40
210316-04	4/1	EFLC	8-12	M/W	5-6pm	4	\$50
210316-05	4/29	EFLC	8-12	M/W	5-6pm	4	\$50

PARENTS NIGHT OUT AT THE EULESS FAMILY LIFE CENTER

Even parents need a night out every once in a while. Bring your kids out for a great night of food, fun, and entertainment the first Friday of the month! Each child can play video games, play basketball, and enjoy all the planned activities. Parents/Guardian must sign your children in and out. No registrations the day of Parents Night Out. You must pre-register at the Euless Family Life Center prior to the start date. Participants must have registration form on file at Euless Family Life Center to attend Parents Night Out. There will be no online registration available. Instructor: City of Euless Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211112-01	1/4	EFLC	6-12	F	6-9pm	1	\$10
211112-02	2/1	EFLC	6-12	F	6-9pm	1	\$10
211112-03	3/1	EFLC	6-12	F	6-9pm	1	\$10
211112-04	4/5	EFLC	6-12	F	6-9pm	1	\$10
211112-05	5/3	EFLC	6-12	F	6-9pm	1	\$10

CONTEMPORARY BALLET

The students will learn the basic fundamentals of ballet, both classical and contemporary styles. We will also work on posture core strength through specific warm-ups and workouts. Ballet shoes are required for this class. Instructor: Mariah Maddox

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210230-01	1/7	EFLC	10+	M/W	7-7:50pm	6	\$70
210330-02	2/18	EFLC	10+	M/W	7-7:50pm	8	\$90

ADULT/ TEEN ACTIVITIES

SUMMER JOB PREP CLASS

March and April are the best months to apply for summer positions. Let the staff at the Euless Family Life Center guide teens through the process of applying, interviewing, and accepting employment. Brief workshops will help them understand the do's and don'ts of employment, including phone etiquette, time management, and communication between parents and employers. Teens will leave with a better understanding of summer employment and will have the opportunity to speak with City of Euless staff about current job opportunities available. This free program designed for teens and is not a job fair. Preregistration is required.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211008-01	3/30	EFLC	15-18	S	10-11:30am	1	FREE

MODERN DANCE

This class will focus on how to express yourself through creative movement. We will also work on your strength through warm-up and work outs. Students will get the opportunity to learn various styles of choreography and have fun doing it! Instructor: Shawna Meeks

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210235-01	1/7	EFLC	12+	M/W	8-8:50pm	6	\$70
210235-02	2/18	EFLC	12+	M/W	8-8:50pm	8	\$90

HIP HOP DANCE

Come enjoy a fun filled class where you get a chance to learn different levels of hip hop. We will have a high energy warm up and learn through fun choreography. Instructor: Shawna Meeks

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210240-01	1/8	EFLC	12+	T/TH	7-7:50pm	6	\$70
210240-02	2/19	EFLC	12+	T/TH	7-7:50pm	8	\$90

ADULT TAP DANCE

This class will focus on the basics of tap dance. The students will learn the history of tap through the many different styles and eras. We will learn various techniques and many fun routines. Tap shoes required for this class. Instructor: Mariah Maddox

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210245-01	1/8	EFLC	14+	T/TH	8-8:50pm	6	\$70
210245-02	2/19	EFLC	14+	T/TH	8-8:50pm	8	\$90

BOOT CAMP CARDIO

Get ready to sweat your way through this tough challenging but fun class. Every class has a different format including strength, training for your heart, arms, legs, and abdominal area. Please remember your hand weights and mat. Enjoy a "FREE" class for residents and members of the Euless Family Life Center. Non-residents must pay \$37. No class 3/11 & 3/14. Instructor: Debbie Day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210315-01	1/7	EFLC	13+	M/TH	6-7pm	4	FREE
210315-02	2/4	EFLC	13+	M/TH	6-7pm	4	\$37
210315-03	3/4	EFLC	13+	M/TH	6-7pm	3	\$32
210315-04	4/1	EFLC	13+	M/TH	6-7pm	4	\$37
210315-05	5/6	EFLC	13+	M/TH	6-7pm	3	\$32

HATHA YOGA

Hatha Yoga is an ancient discipline that uses breath, physical postures, mental focus, and relaxation to firm the body, calm the breath, soothe the mind, and refresh the outlook. Make a change in your life with yoga. Experience new increased strength, flexibility, balance, and weight loss. Yoga changes lives! Please bring your own sticky mat and beach towel. No class 3/12, 3/14. Instructor: Jessica Copeland.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210330-01	1/8	EFLC	16+	T/TH	7-8pm	3	\$36
210330-02	2/5	EFLC	16+	T/TH	7-8pm	3	\$36
210330-03	3/5	EFLC	16+	T/TH	7-8pm	3	\$36
210330-04	4/9	EFLC	16+	T/TH	7-8pm	3	\$36
210330-05	5/7	EFLC	16+	T/TH	7-8pm	3	\$36

BOOT CAMP

Ready to kick it up a notch? Then come join Euless Family Life Center Boot Camp. Whether you've been exercising and want a challenge, or you have just decided to start working out-this is the class for you. Boot Camp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$42 for two days or come three days for \$62. No Class 3/12, 3/14, & 3/15. Instructor: Behka Hartmann - Certified Fitness Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210350-01	1/8	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-02	2/5	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-03	3/5	EFLC	16+	T/TH/F	5:45-6:45am	3	\$32/\$47
210350-04	4/2	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-05	4/30	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62

MEMBERSHIP APPRECIATION MONDAYS

Come join us the first Monday of the month and enjoy a free continental breakfast after you exercise. Enjoy muffins, bagels, fresh fruit, juice, and coffee. It's our way of saying thank you for being a part of the Eules Family Life Center family.

ZUMBA

Come join the "Party" and ditch the "Workout"! You don't have to know how to dance. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout. Sign up early as spaces fill up quickly. No class 3/11 and 3/13. Instructor: Kellie Grant - Zumba Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210300-01	1/7	EFLC	13+	M/W	7-8pm	4	\$42
210300-02	2/4	EFLC	13+	M/W	7-8pm	4	\$42
210300-03	3/4	EFLC	13+	M/W	7-8pm	3	\$37
210300-04	4/1	EFLC	13+	M/W	7-8pm	4	\$42
210300-05	5/6	EFLC	13+	M/W	7-8pm	3	\$37

TAI CHI BEGINNERS

Tai Chi Chuan combines aerobic activity, circulation, breathing, and stretching techniques to help all fitness levels find internal balance while doing a weight bearing, low-impact workout. Wear loose clothing and flat shoes. This class repeats monthly. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210305-01	1/8	EFLC	16+	T	6-7pm	4	\$40
210305-02	2/5	EFLC	16+	T	6-7pm	4	\$40
210305-03	3/5	EFLC	16+	T	6-7pm	4	\$40
210305-04	4/2	EFLC	16+	T	6-7pm	4	\$40
210305-05	4/30	EFLC	16+	T	6-7pm	4	\$40

TAI CHI ADVANCED

Tai Chi is proven to restore energy and endurance, and develop grace and balance, resulting in relaxation and suppleness. Returning students learn additional moves and continue the study of Yang form introduced in the beginner course. Chi-Kung exercises and two-person drills will be introduced. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210306-01	1/8	EFLC	16+	T	7-8pm	4	\$40
210306-02	2/5	EFLC	16+	T	7-8pm	4	\$40
210306-03	3/5	EFLC	16+	T	7-8pm	4	\$40
210306-04	4/2	EFLC	16+	T	7-8pm	4	\$40
210306-05	4/30	EFLC	16+	T	7-8pm	4	\$40

ADULT ICE SKATING

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class, plus two free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211165-01	1/8	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-02	2/12	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-03	3/19	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-04	4/9	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-05	5/7	DPSC	14+	T	6:45-7:15pm	2	\$30

TAEKWON-DO ADULT (White Belt through Black Belt)

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits it will also develop the student's confidence, character, and integrity. Tuesday class meets at the Eules family Life Center, and the Thursday class meets at the Simmons Activity Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210134-01	1/8	EFLC	13+	T	7:30-9pm	8	\$92
		SIM		TH	7:30-9pm		
210134-02	3/19	EFLC	13+	T	7:30-9pm	8	\$92
		SIM		TH	7:30-9pm		

HAPKIDO

Hapkido, the art of coordinated power, is a comprehensive Korean self defense system involving joint locks, pressure points, throws, kicks, and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for beginner through black belt and beyond. Instructors: Chad Ellred

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210133-01	1/7	SIM	13+	M	7:30-9pm	4	\$26
210133-02	2/4	SIM	13+	M	7:30-9pm	4	\$26
210133-03	3/4	SIM	13+	M	7:30-9pm	4	\$26
210133-04	4/1	SIM	13+	M	7:30-9pm	4	\$26
210133-05	4/29	SIM	13+	M	7:30-9pm	4	\$26

KEMPO KARATE

Martial Arts is like an exercise program with a bonus! You learn to defend yourself while you get in shape. Classes provide muscle toning, flexibility, and cardiovascular conditioning. Martial arts is the ultimate in physical fitness and builds your mind as well as your body. Instructor: Michael Chavez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210135-01	1/9	EFLC	15+	W	7-9pm	4	\$32
				S	9-11am		
210135-02	2/6	EFLC	15+	W	7-9pm	4	\$32
				S	9-11am		
210135-03	3/6	EFLC	15+	W	7-9pm	4	\$32
				S	9-11am		
210135-04	4/3	EFLC	15+	W	7-9pm	4	\$32
				S	9-11am		
210135-05	5/1	EFLC	15+	W	7-9pm	4	\$32
				S	9-11am		

URBAN BOOT CAMP

Urban Boot Camp is a fun and challenging military inspired outdoor workout using basic movements and high intensity. You will be encouraged to push yourself in an environment that builds your strength and endurance. The best tool for consistency is accountability, so bring a workout buddy, a mat, a set of appropriate dumbbells, and water! Instructor: Richard Garner

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210340-01	1/7	SIM	13+	M/W	5:30-6:30am	4	\$65
				S	7:30-8:30am		
210340-02	2/4	SIM	13+	M/W	5:30-6:30am	4	\$65
				S	7:30-8:30am		
210340-03	3/4	SIM	13+	M/W	5:30-6:30am	4	\$65
				S	7:30-8:30am		
210340-04	4/1	SIM	13+	M/W	5:30-6:30am	4	\$65
				S	7:30-8:30am		
210340-05	4/29	SIM	13+	M/W	5:30-6:30am	4	\$65
				S	7:30-8:30am		

PILATES MAT

Pilates mat is a whole body fitness class that promotes strength, flexibility, good posture, and ease of movements. Pilates exercise can improve the daily lives of all ages of men and women. Feel better and enjoy life through Pilates! Please bring a mat and towel. No class 3/11-3/14. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210320-01	1/7	EFLC	15+	M/W	6-7pm	4	\$50
210320-02	1/8	EFLC	15+	T/TH	10:30-11:30am	4	\$50
210320-03	2/4	EFLC	15+	M/W	6-7pm	4	\$50
210320-04	2/5	EFLC	15+	T/TH	10:30-11:30am	4	\$50
210320-05	3/4	EFLC	15+	M/W	6-7pm	3	\$40
210320-06	3/5	EFLC	15+	T/TH	10:30-11:30am	3	\$40
210320-07	4/1	EFLC	15+	M/W	6-7pm	4	\$50
210320-08	4/2	EFLC	15+	T/TH	10:30-11:30am	4	\$50
210320-09	4/29	EFLC	15+	M/W	6-7pm	4	\$50
210320-10	4/30	EFLC	15+	T/TH	10:30-11:30am	4	\$50

CLASSES

ZUMBA TONING

Zumba Toning promotes body-sculpting exercises with Latin-infused Zumba moves to create a one hour calorie burning strength-training class. What a great way to get your total work-out! No class 3/12, 3/14. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210325-01	1/8	EFLC	15+	T/TH	9:30-10:30am	4	\$50
210325-02	2/5	EFLC	15+	T/TH	9:30-10:30am	4	\$50
210325-03	3/5	EFLC	15+	T/TH	9:30-10:30am	3	\$40
210325-04	4/2	EFLC	15+	T/TH	9:30-10:30am	4	\$50
210325-05	4/30	EFLC	15+	T/TH	9:30-10:30am	4	\$50

SPANISH FOR ALL

Hola! Always wanted to learn another language? Come to the Eules Family Life Center's Spanish for All. You will learn grammar, writing, reading, and conversational Spanish. Instructor: Moresby Gonzalez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210840-01	1/5	EFLC	15+	S	8-10am	6	\$122
210840-02	1/8	EFLC	15+	T/F	9:30-10:30am	6	\$122
210840-03	1/8	EFLC	15+	T/F	6:30-7:30pm	6	\$122
210840-04	2/23	EFLC	15+	S	8-10am	6	\$122
210840-05	3/5	EFLC	15+	T/F	9:30-10:30am	6	\$122
210840-06	3/5	EFLC	15+	T/F	6:30-7:30pm	6	\$122

YOU CAN OIL PAINT ADULT AND TEEN

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or an experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes, and composition. All supplies are provided: oil paints, palette, brushes, canvas, easel, and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210810-01	1/17	EFLC	14+	TH	6-9pm	1	\$37
210810-02	2/28	EFLC	14+	TH	6-9pm	1	\$37
210810-03	3/28	EFLC	14+	TH	6-9pm	1	\$37
210810-04	4/25	EFLC	14+	TH	6-9pm	1	\$37
210810-05	5/23	EFLC	14+	TH	6-9pm	1	\$37

ROLL IT, TAKE IT, LEAVE IT

Suitable for: working investors, job changers, workers facing layoffs and recent retirees. If you recently switched jobs, retired, or are facing unemployment due to a layoff or downsizing, this seminar can help you determine what to do with the assets in your company-sponsored retirement savings plan. We'll help you evaluate your retirement goals and potential investment strategies, and then we'll discuss the pros and cons of your options. This seminar is taught by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211002-01	1/15	EFLC	18+	T	10-11am	1	FREE
211002-02	4/9	EFLC	18+	T	10-11am	1	FREE

NAVIGATING YOUR NEXT ADVENTURE

This workshop is designed for people who are thinking about retiring or who have retired recently. The workshop introduces a number of ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. The workshop also explores how to plan upfront for concerns like inflation, health care expenses, and market volatility, as well as how to prepare if things don't go as expected. Instructor: Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210003-01	3/19	EFLC	18+	T	10-11am	1	FREE
210003-02	5/16	EFLC	18+	TH	10-11am	1	FREE

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

This presentation discusses how social security fits into your retirement income plan, and when you should start taking benefits and tax considerations. Instructor: Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211004-01	2/21	EFLC	18+	TH	10-11am	1	FREE
211004-02	4/18	EFLC	18+	TH	10-11am	1	FREE

BRIEF RETREATS FOR BUSY PEOPLE

Since everyone is too busy these days, this class provides ways to find brief periods of time for personal relaxation and ways to effectively use time for brief retreats to refresh and relax. Retreat info offered covers retreat possibilities spanning 10 minutes each to three days. A free workbook is included for each student. Instructor: Carol Reed

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210700-01	1/28	EFLC	18+	M	7-8pm	2	\$22
210700-02	4/9	EFLC	18+	T	7-8pm	2	\$22

LEARNING ABOUT ME THROUGH NUMEROLOGY

Using Numerology to confirm things you know about yourself and learn new information. This fun class gives students a way to understand themselves, what they will have to learn to be successful in life, and what obstacles they face in order to learn. Students will receive free number meanings for each of the 10 life areas covered. Instructor: Carol Reed

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210705-01	1/22	EFLC	18+	T	7-8:30pm	4	\$20
210705-02	4/8	EFLC	18+	M	7-8:30pm	4	\$20

THE FUN WAY TO PUBLIC SPEAKING

More people fear public speaking than they fear death. This six-week class is set up to help people enjoy public speaking, understand stage fright, and have opportunities to speak before the group. This class will also teach the areas that help in public speaking, as well as critiques of their speeches to keep them improving. Each student will receive a free 40-page workbook. Instructor: Carol Reed

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210710-01	2/11	EFLC	16+	M	7-8:30pm	6	\$32
210710-02	4/23	EFLC	16+	T	7-8:30pm	6	\$32



AMERICAN RED CROSS SWIM LESSONS

American Red Cross instructors teach aquatic and safety skills in a logical progression. For your convenience, you may register online at www.eulesstx.gov or in person at the Eules Family Life Center. Students receive six 30-minute classes of instruction. **All classes held at Harris HEB Rehab Center at 251 Westpark Way, Eules 76040.**

Get the kids ready for summer! Evening swim lessons are now offered for the spring for beginners thru advanced. Great student/teacher ratio (Level 1-Adult is 5:1). Our indoor pool maintains a temperature of 90 degrees. Instructors are American Red Cross Certified. To ensure class availability, please sign up early. For more information, call 817-685-1666 or visit www.eulesstx.gov. **Please note: there are swim lessons during Spring Break, March 12-16.**

LEVEL 1: Introduction to Water Skills

Purpose: Help students feel comfortable in the water.

- *Basic water safety rules
- *Submerging mouth, nose and eyes
- *Opening eyes underwater and picking up submerged object
- *Supported swimming on front and back using arm and leg actions
- *Recognizing a swimmer in distress and getting help
- *Exhaling underwater
- *Floating on front and back with support

LEVEL 2: Fundamental Aquatic Skills

Purpose: Give students success with fundamental skills.

- *Submerging entire head
- *Front and back glide without support
- *Recognizing a swimmer in distress and getting help
- *Bobbing in water
- *Jellyfish float
- *Swimming using combined stroke on front and back for five feet

LEVEL 3: Stroke Development

Purpose: Build on the skills in level 2 by providing additional guided practice and increasing distance.

- *Reaching assist
- *Submerging and retrieving an object
- *Front and back glide two body lengths
- *Front and back crawl two body lengths
- *Front crawl using combined arm and leg motion for 15 yards
- *Back crawl using combined arm and leg motion for 10 yards
- *Kneeling or standing dive (shallow dive progression)
- *Rotary breathing in horizontal position
- *Survival float, back float
- *Treading water using arm and leg motions

LEVEL 4: Strokes and Turns and Level 5: Stroke Proficiency

All key elements for the competitive swimmer. Our coaches will break down the basics for you and work with you in endurance, stroke refinement and proficiency. All level 4 and above will benefit from this unique class. Instructor: Different Strokes Swim School, American Red Cross Certified.

LEVEL 1

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220001-01	3/5	HEB	4+	T/TH	6:30-7pm	3	\$85
220001-02	3/5	HEB	4+	T/TH	7-7:30pm	3	\$85
220001-03	3/5	HEB	4+	T/TH	7:30-8pm	3	\$85
220001-04	3/5	HEB	4+	T/TH	8-8:30pm	3	\$85
220001-05	4/9	HEB	4+	T/TH	6:30-7pm	3	\$85
220001-06	4/9	HEB	4+	T/TH	7-7:30pm	3	\$85
220001-07	4/9	HEB	4+	T/TH	7:30-8pm	3	\$85
220001-08	4/9	HEB	4+	T/TH	8-8:30pm	3	\$85
220001-09	5/7	HEB	4+	T/TH	6:30-7pm	3	\$85
220001-10	5/7	HEB	4+	T/TH	7-7:30pm	3	\$85
220001-11	5/7	HEB	4+	T/TH	7:30-8pm	3	\$85
220001-12	5/7	HEB	4+	T/TH	8-8:30pm	3	\$85

LEVEL 2

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220002-01	3/5	HEB	4+	T/TH	6:30-7pm	3	\$85
220002-02	3/5	HEB	4+	T/TH	7-7:30pm	3	\$85
220002-03	3/5	HEB	4+	T/TH	7:30-8pm	3	\$85
220002-04	3/5	HEB	4+	T/TH	8-8:30pm	3	\$85
220002-05	4/9	HEB	4+	T/TH	6:30-7pm	3	\$85
220002-06	4/9	HEB	4+	T/TH	7-7:30pm	3	\$85
220002-07	4/9	HEB	4+	T/TH	7:30-8pm	3	\$85
220002-08	4/9	HEB	4+	T/TH	8-8:30pm	3	\$85
220002-09	5/7	HEB	4+	T/TH	6:30-7pm	3	\$85
220002-10	5/7	HEB	4+	T/TH	7-7:30pm	3	\$85
220002-11	5/7	HEB	4+	T/TH	7:30-8pm	3	\$85
220002-12	5/7	HEB	4+	T/TH	8-8:30pm	3	\$85

LEVEL 3

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220003-01	3/5	HEB	4+	T/TH	7-7:30pm	3	\$85
220003-02	3/5	HEB	4+	T/TH	7:30-8pm	3	\$85
220003-03	3/5	HEB	4+	T/TH	8-8:30pm	3	\$85
220003-04	4/9	HEB	4+	T/TH	7-7:30pm	3	\$85
220003-05	4/9	HEB	4+	T/TH	7:30-8pm	3	\$85
220003-06	4/9	HEB	4+	T/TH	8-8:30pm	3	\$85
220003-07	5/7	HEB	4+	T/TH	7-7:30pm	3	\$85
220003-08	5/7	HEB	4+	T/TH	7:30-8pm	3	\$85
220003-09	5/7	HEB	4+	T/TH	8-8:30pm	3	\$85

LEVEL 4 - Strokes/Turns AND LEVEL 5-Stroke Proficiency

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220004-01	3/5	HEB	4+	T/TH	7:30-8pm	3	\$85
220004-02	3/5	HEB	4+	T/TH	8-8:30pm	3	\$85
220004-03	4/9	HEB	4+	T/TH	7:30-8pm	3	\$85
220004-04	4/9	HEB	4+	T/TH	8-8:30pm	3	\$85
220004-05	5/7	HEB	4+	T/TH	7:30-8pm	3	\$85
220004-06	5/7	HEB	4+	T/TH	8-8:30pm	3	\$85

TEEN/ADULT

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220008-01	3/5	HEB	13+	T/TH	8-8:30pm	3	\$85
220008-02	4/9	HEB	13+	T/TH	8-8:30pm	3	\$85
220008-03	5/7	HEB	13+	T/TH	8-8:30pm	3	\$85

WATER TOTS (Age 1-3 years)

Children are introduced to the water in a way most comforting to them. Parents must join the child in the pool. Children will be required to wear a swim diaper if not potty trained. Actual water time is 30 minutes. Instructor: Different Strokes Swim School, American Red Cross Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220000-01	3/5	HEB	1-3	T/TH	6:30-7pm	3	\$85
220000-02	4/9	HEB	1-3	T/TH	6:30-7pm	3	\$85
200000-03	5/7	HEB	1-3	T/TH	6:30-7pm	3	\$85

PRIVATE SWIMMING LESSONS

Private lessons are available for you and /or your children. You will receive concentrated instruction that will be tailored to your specific goals. Receive six 30-minute classes for \$250; semi private also available for \$140 per child. Private lessons are available at various times. Please call Bev at 817-649-SWIM for additional information.

H₂OPE PROGRAM

H₂OPE is a community outreach aquatic fitness program for children with special needs. H₂OPE provides an alternative recreational activity to help meet physical, cognitive, and psychosocial needs emphasizing fun, safety, and non-competitive and successful experiences. This is a grant-funded program with no cost to the caregiver. Class meets on Saturdays. For more information, please call Bev at 817-649-SWIM.



Euless Family Life Senior Center

300 West Midway Drive, Euless, Texas 76039

Front Counter - 817-685-1671

Diane Eggers, Senior Center Supervisor, 817-685-1670

Blake Cloud, Senior Center Activity Programmer, 817-685-1871

Mon.-Tues.-Wed.-Fri. 6:30 a.m. - 4 p.m. / Thurs. 6:30 a.m. - 9 p.m.

SENIOR CENTER CLOSED JANUARY 1.

ONGOING ACTIVITIES

Dominoes, 42, 84, Shuffleboard, Pool, Hand & Foot, Spades, Chicken Foot everyday!

***Registration is required for all activities ONE WEEK in advance. Must be a member of EFLSC and 60+ to participate.**

AEROBICS

	DAY	TIME	FEE
Fit Start	M	9 a.m.	FREE
Zumba	M-TH	10:30 a.m.	FREE
Floor Aerobics	T/TH	9 a.m.	FREE
Tai Chi	T	10:30 a.m.	FREE
Yoga	W	9 a.m.	FREE

ACTIVITIES

Lunch	M-TH	11:20 a.m.	\$2 daily
Crochet	M	noon	FREE
Texas Hold Em	M	noon	\$0.50
Computer Class	M	1:00 p.m.	FREE
Jewelry Making	T	12:30 p.m.	\$5 monthly
Duplicate Bridge	T/TH	10:30 a.m.	FEE
Mystery Lunch	3rd W	12:30 p.m.	
Quilters- Stitchers	W	10 a.m.	FREE
Mah jong	W	10 a.m.	FREE
Party Bridge	W	noon	\$0.50
Decorative Painting	W	1:00 p.m.	\$5 monthly
Card Making	TH	10 a.m.	FREE
Oil Painting	TH	10 a.m.	\$20 monthly
Jammers	TH	1:30 p.m.	FREE
Senior Dance	3rd TH	7 - 9:30 p.m.	\$5
Dining Out	3rd M	5 p.m.	
White Elephant Bingo	2nd F	10 a.m.	Bring a good used gift in bag
Hamburger Lunch	1st F	11:30 a.m.	\$2
Lunch	2nd F	11:30 a.m.	\$2
Hot Dog Lunch	3rd F	11:30 a.m.	\$2
Breakfast	4th F	9 a.m.	\$2
Birthday Breakfast	4th F	9 a.m.	Free Breakfast on us in your birthday month

Registration is required for all activities one week in advance. Call 817-685-1671 to register. Lunches are ordered daily by 11:45 a.m.

SPRING EVENTS

Fitness Center Training Jan. 3, 10, 17, 24 & 31 10 a.m.
The same class will be taught every Thursday in January. Class size is limited to 4 people per class. Register today for one of the classes. Learn how to strengthen not build, learn proper technique on using the weight machines, and get the benefits of using the fitness center and all of the equipment available to you.

Movie Night "The Help" January 3 7 p.m.
Starting at 7p.m., we will be showing a movie on our big screen. Popcorn, hot dogs and sodas available to purchase.

Better Living for Texans Program

Each series will be taught with three different topics being the subject for each class. Recipe demonstrations may be given (if time permits) with samples provided for tasting.

Series 1: Back to Basics January 14 10 a.m.
Topics: A.Reduce stress through meal planning and physical activities
B. Spending less and getting more at the grocery store
C.Keeping food safe

Series 2: Get the Facts February 11 10 a.m.
Topics: A. Get the facts on serving size
B. Get the facts on fat
C. Get the facts on sodium

Series 3: March 11 10 a.m.
Three Easy Bites that Won't Weigh You Down
Topics: A. Start at breakfast
B. Snack right
C. Enjoy a healthy plate

Surprise Lunch 3rd Wednesday 12:30 p.m.
\$10 - \$15. Board the bus and go to a surprise destination to eat. Maybe in Plano-Weatherford-Dallas-Grand Prairie???

Fort Worth Stock Show January 18 9 a.m.
Cost is \$10.

Rummage Sale January 25 9 a.m. - 2 p.m.
First 30 seniors to reserve a 6ft table can bring their rummage items to the senior center to sell. Rules and regulations available at time of registration, must register at senior center.

Birthday Breakfast 4th Friday 9 a.m.
Enjoy breakfast on us the month of your birthday! Registration required!

Grapevine Mills Mall Trip February 1 10 a.m.
Enjoy the sales of the seasons, great bargains and spring sales!

Pool Tournament February 8 10 a.m.
1-15 tournament, must be a member of EFLSC or a Eules resident to compete. Lunch provided for players.

Valentine Party with Mr. Rock and Roll
February 14 1 p.m.
Everyone wear red that day! Refreshments and snacks provided.

Titantic Artifact Exhibit February 15 9:30 a.m.
Cost is \$19.

AARP Driving Class February 15 8 a.m.-1 p.m.
\$12 AARP members \$14 Non-AARP Members Refresh your driving skills, reduce your insurance rates, learn about any new laws, and what you can do to become a safe and friendly driver.

AARP Free Income Tax Prep
February 8 – April 12 9 a.m.-1 p.m.
Every Friday from 9 a.m. - 1 p.m. through April 12. Appointments must be made in person at the EFLSC from 8 a.m. - 4 p.m., Monday-thru Friday. You must pick up your AARP Income Tax packet at that time.

Critterman February 22 1 p.m.
Come join us for a Extra Furry Safari with Critterman. See exotic animals like a sugar glider, hedgehog and ferret. You may even have a chance to pet one!

Canton First Monday March 1 7 a.m.

Shuffleboard Tournament March 15 9 a.m.

Dallas Arboretum March 22 8:30 a.m.
\$10+ lunch. Enjoy spring time at the Arboretum's annual event. Bring a lunch or eat at the Arboretum.

Waco Trip April 12 8 a.m.
\$8 + lunch. Enjoy Waco's Cameron Park Zoo

Washer Tournament April 19 9 a.m.

Best Chocolate Cake in Eules April 26 - 27
Winner \$25. 2nd Place - \$15. 3rd Place - \$10. Must be frosted and on a disposable plate or pan, (will not be returned to you) with your name, address and phone number on bottom. Can be made from scratch or mix. Must be brought to the senior center by 3pm on the 26th of April. Cakes will be taken to Arbor Daze Festival on Sat. to be judged. Winner will be announced on Sat at noon. Cake slices will be sold at the festival.

Guys Trip to Bass Pro Shop May 3 9 a.m.

Mother's Day Lunch May 10 1:30 a.m.
Cost is \$2.

Mystery Trip and Lunch May 17 10 a.m.
\$15 + lunch. Load the bus to a surprise destination...

Rangers Baseball in May – Details to be announced...

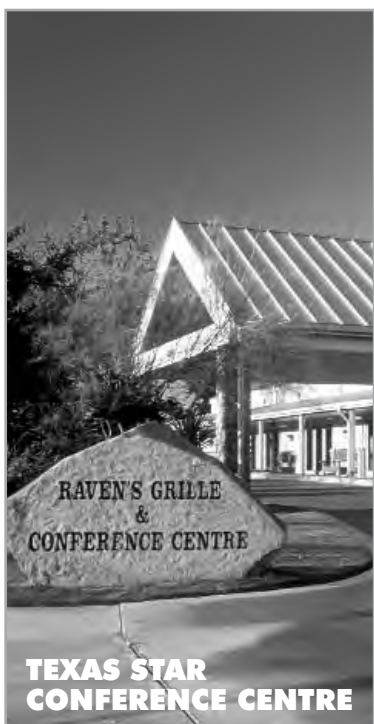
INDOOR FACILITY RENTAL INFORMATION



ACTIVITY ROOM #5



ACTIVITY ROOM #2



**TEXAS STAR
CONFERENCE CENTRE**

MEETING ROOMS

817-685-1649

Note: Reservation required a minimum of 7 days in advance.

Eules Family Life Center, 300 W. Midway Dr.

Amenities: Tables and chairs are included in the rental fee.

Resident:	\$30/hr	
Non-resident:	\$60/hr	
Deposit:	Without food or drink	\$ 50
	With food or drink	\$ 250

Activity Room #2

Occupancy Load: 10

Chairs & Tables available to seat: 10

Activity Room #5

Occupancy Load: 90

Chairs & Tables available to seat: 90

Simmons Center, 508 Simmons Dr.

817-685-1649

Occupancy Load: 60

Amenities: Full kitchen with refrigerator/freezer, oven, stove, microwave and ice machine, 60 chairs, 15 - 6 ft. tables, 10 - 3 ft. card tables, J.A. Carr Park. Tables and chairs included in the rental fee.

Resident:	Three hours	\$100
	Each additional hour	\$35
Nonresident:	Three hours	\$200
	Each additional hour	\$70
Deposit:	Without food or drink	\$50
	With food or drink	\$250

TEXAS STAR CONFERENCE CENTRE

817-685-1845

www.TexasStarGolf.com

A 7,000 square foot conference centre and 4,000 square foot pavilion with full services, amenities and on-site catering.

HISTORICAL PRESERVATION COMMITTEE FREE TOURS AVAILABLE

Free tours of historic Heritage Park are offered on the 2nd Saturday of every month between 1 – 5 p.m. Come visit the all-new Eules Heritage Museum at the Ruth Millican Center, as well as the Himes Log House, the Fuller House and the McCormick Barn. Come see "HOW WE LIVED." Contact Mary at ofaiva-siale@eulesstx.gov or 817-685-1649. Group tours are available on different days depending on staff availability.



OUTDOOR FACILITY RENTAL INFORMATION



TEXAS TRAIL PAVILION



**J.A. CARR PARK
GAZEBO**



BOB EDEN FIELD

PAVILIONS

817-685-1649

Resident:	Four hours	\$ 50
	Each additional hour	\$ 10
Non-resident:	Four hours	\$100
	Each additional hour	\$ 10
Available:	7 a.m. to 11 p.m.	
Deposit:	\$250	

Bear's Den Pavilion 1951 Bear Creek Pkwy. (east side of Parkway)

Amenities: Playground, picnic tables, grilling areas, minimum electricity, restrooms.

Bob Eden Park Pavilion

901 W. Mid-Cities Blvd.

Amenities: Playground, picnic tables, grilling areas,
3 regulation-size sand volleyball courts, minimum electricity, tennis courts,

Parks at Texas Star Pavilion 1501 South Pipeline Rd.

Amenities: Playground, picnic tables, grilling area, batting cages, minimum electricity, restrooms.

Texas Outdoor Education Trail Pavilion

1951 Bear Creek Parkway (west side of Parkway)

Amenities: Picnic tables, grilling areas, minimum electricity, restrooms, serving stand.

AMPHITHEATER

817-685-1649

Texas Outdoor Education Trail, Amphitheater Stage, & Pavilion

1951 Bear Creek Parkway (west side of Bear Creek Pkwy.)

Amenities: See Texas Outdoor Education Trail Pavilion for a list.

Resident:	Four hours	\$150
	Each additional hour	\$20
Available:	7 a.m. to 11 p.m.	
Non-resident:	Four hours	\$300
	Each additional hour	\$20
Deposit:	\$250	

GAZEBOS

817-685-1649

Resident:	Four hours	\$ 25
	Each additional hour	\$ 10
Non-resident:	Four hours	\$ 50
	Each additional hour	\$ 10
Available:	8 a.m. to 8 p.m.	
Deposit:	\$250	

J.A. Carr Park Gazebo
508 Simmons Dr.

McCormick Park Gazebo
2190 Joyce Court

PRACTICE FIELDS

817-685-1838

NOTE: Reservations require a minimum 2-day (48-hour) notice and cannot be made more than 2-weeks prior to the rental. To see full field rental policies, please visit www.eulesstx.gov/pacs. Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

Resident:	Lighted per hour	\$ 18
	Unlighted per hour	\$ 10
Non-resident:	Lighted per hour	\$ 28
	Unlighted per hour	\$ 20

Bob Eden Park Field

901 W. Mid-Cities Blvd.

817-685-1649

Available: Jan.-Dec. (8 a.m. - 10 p.m.)

EULESS PARKS

Blessing Branch Park

408 E. Denton Dr. **Size:** 3 acres
Facilities: Picnic and playground area.

Bob Eden Park

901 W. Mid-Cities Blvd. **Size:** 47 acres
Facilities: One flag football/soccer field, one lighted baseball/ softball field, playground, picnic areas, 1.9 mile walking and jogging track with warm up stations, pavilion, two lighted tennis courts, three lighted regulation-size sand volleyball courts and restrooms. (Trail connects to McCormick Park & Trailwood Park.)

Heritage Park

201 Cullum Dr. **Size:** 4 acres
Facilities: Ruth Millican Center, Historic Fuller House, Himes Log House, McCormick Barn, playground, picnic areas, 1/4 mile walking trail.

J. A. Carr Park

508 Simmons Dr. **Size:** 5 acres
Facilities: Half-mile walking and jogging trail, picnic areas, sand volleyball court, playground, gazebo and garden, shaded areas, restrooms, Simmons Center.

Kiddie Carr Park

800 Pauline St. **Size:** 4 acres
Facilities: Picnic areas, shade trees, and outdoor basketball courts.

Lakewood Tennis Courts

1600 Donley Dr.
Facilities: Two lighted tennis courts.

McCormick Park

2190 Joyce Court **Size:** 12 acres
Facilities: 1/3 mile bike and hiking trail, picnic areas, restrooms, gazebo and playground. (Trail connects to Bob Eden Park and the Preserve at McCormick Park.)

Midway Park

615 N. Main St. **Size:** 22 acres
Facilities: Two lighted youth baseball/softball fields, playgrounds, picnic areas, swimming pool, shaded area, Eules Family Life Center.

The Parks at Texas Star

(www.ParksAtTexasStar.com)
1501 S. Pipeline Rd. **Size:** 120 acres
Facilities: Picnic areas, five baseball/softball fields, one championship-size soccer field, six youth soccer fields, three T-ball fields, Dr Pepper Star Center, batting cages, two concession stands, pavilion, concrete walking trail, playground, exercise area, restrooms.

The Preserve at McCormick Park

2005 Fuller-Wiser Road **Size:** 27 acres
Facilities: Concrete walking trails, playground, gazebo, picnic areas, Historic Tree Grove, outdoor classroom, bird watching area, species trail, 2 ponds, fishing pier, restrooms, boardwalk. (Trail connects to McCormick Park and Villages of Bear Creek Park.)

Reflection Park

1251 Fuller-Wiser Rd. **Size:** one-half acre
Facilities: Bench seating.

Softball World at Texas Star

(www.SoftballWorld.us)
1375 W. Eules Blvd. **Size:** 16 acres
Facilities: Four lighted softball fields, concession stand, pro shop, playground.

South Eules Park

600 S. Main St. **Size:** 5 acres
Facilities: Swimming pool, picnic areas, playground, Splash Island, Old North Main Iron Bridge, outdoor basketball court.

Trailwood Park

500 Trailwood Drive **Size:** 11 acres
Facilities: Playground, picnic stations and trails. (Connects to Bob Eden Park.)

Villages of Bear Creek Park

1951 Bear Creek Parkway **Size:** 40 acres
Facilities: 3 acre dog park, seven soccer fields, picnic areas, three-mile nature walking/jogging trail with plant and tree identification signs throughout, city in-ground tree farm, playground, ground-seating amphitheater, two pavilions, one practice softball field, three large parking areas, restrooms. (Trail connects to The Preserve at McCormick Park.)

West Park

600 Westpark Way **Size:** 21 acres
Facilities: Two youth lighted baseball/softball fields that can be converted to a soccer field, picnic areas, one youth softball field, nature area, playground and restrooms.

Wilshire Park

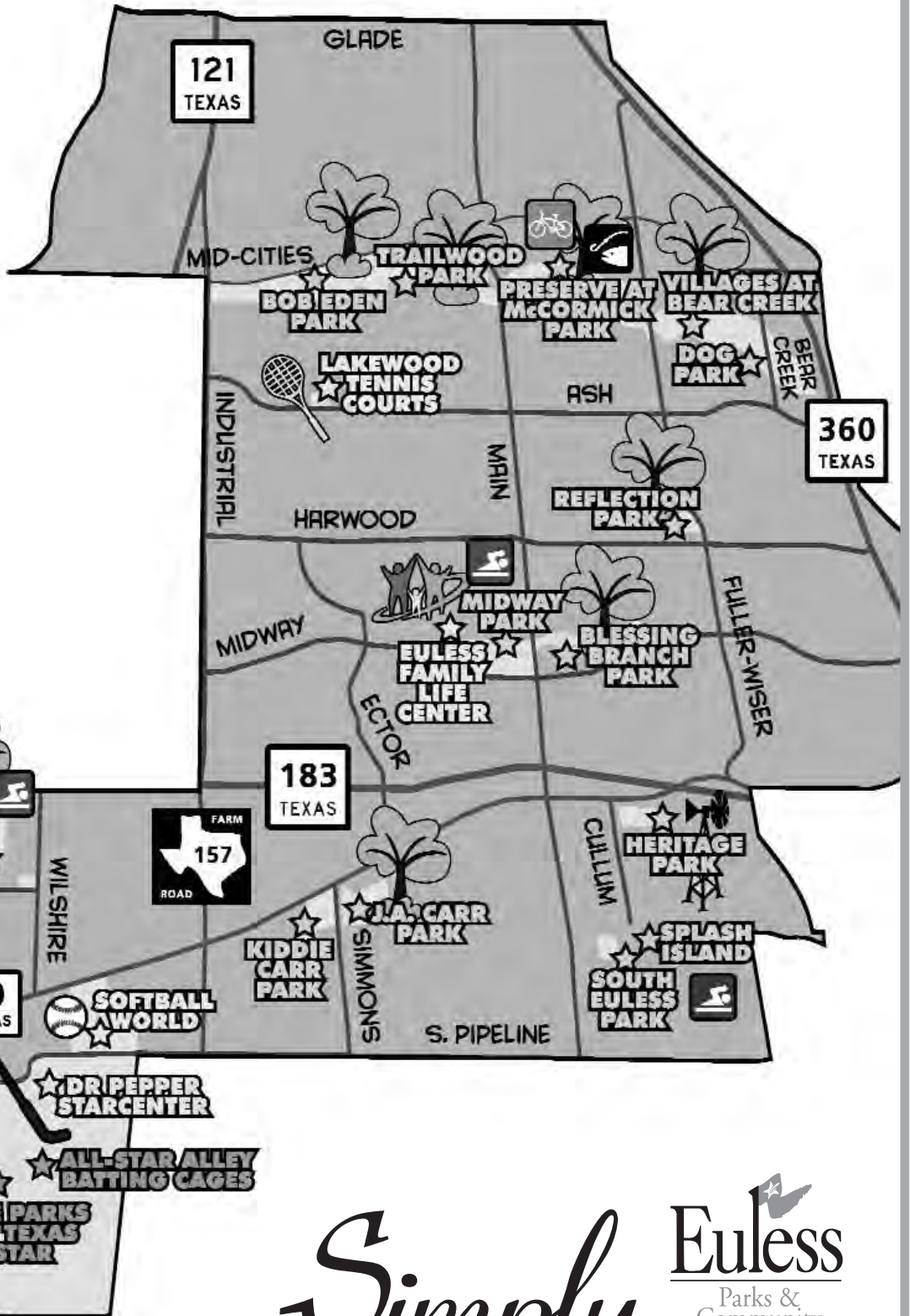
315 Sierra Dr. **Size:** 4 acres
Facilities: Swimming pool, picnic areas, playground, shaded areas, pond, 1/4 mile concrete walking trail, fishing pier, and restrooms.

Villages at Bear Creek Park





The Preserve at McCormick Park



Euless Parks & Community Services
1314-B Royal Parkway

Simply **Euless**
Parks & Community Services
FabEuless.

www.PlayEuless.com

Euless Family Life Center

300 West Midway Dr.

RECREATION CENTER & FITNESS CENTER

(817) 685-1666

Heidi Taylor
Aquatics & Special Events
Supervisor

(817) 685-1681

Robbie Rodgers
Center Program Coordinator
(817) 685-1668

HOURS OF OPERATION

Monday – Thursday
5:30 a.m. – 9 p.m.

Friday
5:30 a.m. – 8 p.m.

Saturday
8 a.m. – 6 p.m.

Sunday
1 p.m. – 6 p.m.

CHILDCARE

Monday – Friday
5 p.m. – 8 p.m.

Mon./Wed./Fri./Sat.
8 a.m. – 11 a.m.

SENIOR CENTER

(817) 685-1671

Diane Eggers
Senior Center Supervisor
(817) 685-1670

Blake Cloud
Senior Center Activity
Programmer
(817) 685-1871

HOURS OF OPERATION

Mon.–Tues.–Wed.–Fri.
6:30 a.m. – 4 p.m.

Thursday
6:30 a.m. – 9 p.m.

Saturday & Sunday
Closed

NOTE: The Euless Family Life Center is CLOSED on January 1.
Like us on Facebook! "Euless Parks & Community Services"
Visit us at www.PlayEuless.com



EULESS FAMILY LIFE CENTER MEMBERSHIP FEES

	RESIDENT	SILVER	GOLD
	Individual	Individual	Individual
Annual Fee	\$ 10	\$ 75	\$ 125
Fee per Visit	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 3	\$ -	\$ -
Racquetball	\$ 3	\$ -	\$ -
*Drop-in Daycare per Visit	\$ 5	\$ 5	\$ included
	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)
Annual Fee	\$ 30	\$ 110	\$ 175
Fee per Visit	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 3	\$ -	\$ -
Racquetball	\$ 3	\$ -	\$ -
*Drop-in Daycare per Visit	\$ 5	\$ 5	\$ included
	Includes	Includes	Includes
Photo Membership Card	Yes	Yes	Yes
Basketball	Yes	Yes	Yes
Walking/Jogging trail	Yes	Yes	Yes
Games Area	Yes	Yes	Yes
Shower Availability	Yes	Yes	Yes
Unlimited Fitness Center Visits	No	Yes	Yes
Unlimited Day Care	No	No	Yes
	SENIOR (60+) - Resident	SENIOR (60+) - Non-Resident	SILVER SENIOR (60+) - Non-Resident
	Individual	Individual	Individual
Annual Fee	\$ 5	\$ 25	\$ 75
Access	Full access to both Family Life Center & Senior Center	Access to Senior Center only	Full access to both Family Life Center & Senior Center
	YOUTH (8-15)	RACQUETBALL	NON-RESIDENT
	Individual	Individual	Individual
Annual Fee	\$ 5	\$ 75	\$ 75
Fee per Visit	\$ -	\$ -	\$ -
Weight Room per Visit	n/a	n/a	\$ 3
Racquetball	n/a	\$ -	\$ 3
*Drop-In Daycare Per Visit	n/a	n/a	n/a
	DAILY USE FEES		CORPORATE
	Resident	Non-Resident	
Annual Fee	n/a	n/a	Company must be in listing or within City limits.
Fee per Visit	\$ 5	\$ 10	
Add Weight Room per Visit	\$ 8	\$ 13	Additional \$10 to any annual fee.
Add Racquetball per Visit	\$ 8	\$ 13	
*Drop-In Daycare Per Visit	n/a	n/a	No family memberships available.



* Daycare service for children 18 mos. to 7 years old (2 hour max per visit)
* Drop-In Daycare Hours: M/W/F mornings (8 a.m. – 11 a.m.) / M-F (5 p.m. – 8 p.m.) / Sat (8 a.m. – 11 a.m.)
* All subject to availability

* \$5 per visit or \$20 for 10 visits (coupon book)
* Three kids per household per visit
* Not valid for corporate memberships